PORK
GROUND, FROZEN

for use in the USDA Household
Commodity Food Distribution Programs

U.S. Department of Agriculture

Product Description

- **Ground Pork** is frozen **without** any seasoning. The average fat content is 16 percent.

- The ground pork is packed in either a 6-pound or 9-pound block.

Yield

One pound of cooked ground pork will provide about four 3-ounce servings of meat.

Storage

- Keep pork frozen at 0°F or below in original package.

- For **best quality**, use pork within 6 months of receipt.

- Store leftover pork in a covered container and refrigerate. Use within 3 days.

Preparation

- Thaw pork in original package in the refrigerator, on a platter to catch juices. Set on the lowest shelf away from other foods, to prevent cross contamination of bacteria.

- Allow 3 to 5 hours per pound thawing time. For food safety reasons, **do not** thaw the pork at room temperature. If thawing a partial package, remove only what is needed as it thaws--if ice crystals are present, it can safely be refrozen.

(See recipes and menu ideas on reverse side)

Cooking

- For flavor variety, season ground pork before cooking. For sausage, try ginger, cinnamon, cloves, rosemary, pepper, chili powder, garlic, oregano, sage, or thyme.

- Cook ground pork within 24 hours after thawing. Do not refreeze completely thawed ground pork.

- Cook ground pork on low to medium heat until fully cooked to an internal temperature of 160°F (use a meat thermometer to test for doneness).

Nutrition Information

- *Pork* is a source of protein, potassium, phosphorus, niacin, thiamin, and other vitamins and minerals.

- 2 to 3 ounces of pork provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP of the Food Guide Pyramid.**

Nutrition Facts		
Serving size 3 ounces (85g) cooked ground pork		
Amount Per Serving		
Calories 300	Fat Cal 185	
		% Daily Value*
Total Fat 20.6g		**31%**
Saturated Fat 6.2g		**31%**
Cholesterol 119mg		**39%**
Sodium 86mg		**3%**
Total Carbohydrate 0g		**0%**
Dietary Fiber 0g		**0%**
Sugars 0g		
Protein 26g		
Vitamin A 0%	Vitamin C 4%	
Calcium 0%	Iron 9%	
*Percent Daily Values are based on a 2,000 calorie diet.		

Pineapple Pork Patties

1½ pounds ground pork
1 egg
2 cloves garlic, minced (or ½ tsp. garlic powder)
1 medium onion, finely chopped
1 medium green pepper, seeded and finely
  chopped
½ teaspoon pepper
8 large soft sandwich rolls
8 slices canned pineapple, drained well (or use 2
  cups drained pineapple chunks)

1. In a bowl, combine pork, egg, garlic, onion, green pepper, and pepper; form into 8 patties.
2. Heat skillet over medium heat; add patties and cook, turning once, until meat is well-browned on both sides and no longer pink when cut open (internal temperature of 160°F) (6 to 7 minutes on each side). Remove patties from skillet and place one on the bottom half of each sandwich roll.
3. Add pineapple to skillet and cook until lightly browned on both sides. Place 1 slice (or ¼ cup chunks) on top of each patty and serve.

Makes 8 (1 patty) servings

Nutrition Information for each Pineapple Pork Patty:							
Calories	167	Cholesterol	29 mg	Sugar	2 g	Calcium	9 mg
Calories from Fat	65	Sodium	518 mg	Protein	22 g	Iron	1.3 mg
Total Fat	7.0 g	Total Carbohydrate	4 g	Vitamin A	15 RE		
Saturated Fat	1.5 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Porcupine Meatballs

1 pound ground pork
1/3 cup uncooked rice
½ cup crushed saltine crackers
1 egg
1/3 cup lowfat milk or reconstituted nonfat dry milk
¼ teaspoon black pepper

Sauce
½ cup minced fresh onion
1 8-ounce can tomato sauce
1 cup water

1. Mix ground pork, raw rice, crushed crackers, egg, milk, and pepper together.
2. Form into twelve meatballs and place in baking pan.
3. Combine minced onion, tomato sauce, and water to make a sauce. Pour sauce over the top of the meatballs.
4. Cover with lid or foil and bake for one hour at 350°F.

Makes 4 (3 meatballs) servings

Recipe provided by "Food Service Director" magazine

Nutrition Information for each serving of Porcupine Meatballs:							
Calories	368	Cholesterol	106 mg	Sugar	3	Calcium	80 mg
Calories from fat	117	Sodium	575 mg	Protein	30 g	Iron	2.8 mg
Total Fat	13.1 g	Total Carbohydrate	31 g	Vitamin A	93 RE		
Saturated Fat	4.2 g	Dietary Fiber	1 g	Vitamin C	9 mg		

Ground Pork Menu Ideas

- Use ground pork in meat loaf, either alone or in combination with ground beef.
- Add cooked ground pork to chili and casseroles.
- Add cooked ground pork to spaghetti sauce.
- Use cooked ground pork as a pizza topping.
- Add cooked ground pork to prepared barbecue sauce; heat and serve on soft sandwich rolls.
- Add dry taco seasoning mix to cooked ground pork to make pork tacos.

These recipes, presented to you by USDA, have not been tested or standardized.